

FITNESS

America On the Move Program An Easy Program to Help You Lose the Pounds

At a time when obesity is the second leading cause of preventable deaths in the U.S., a new movement is sweeping the country to curb Americans' average weight gain of one to three pounds per year. "America on the Move" (AOTM) is a national, grassroots initiative that provides simple, action-oriented solutions to managing weight. Based on scientifically proven concept of achieving balance between the calories you eat and the energy you burn, AOTM is backed by research conducted by Dr. James Hill, AOTM founder and director for the Center for Human Nutrition at the University of Colorado, and supported by the National Institutes of Health.

The AOTM program provides people with simple tools for achieving energy balance by reinforcing more activity and healthy eating for weight control. AOTM promotes simple activities and attainable goals, such as taking 2,000 extra steps a day to help prevent weight gain and the many health complications that result from being overweight. More than 60 percent of American adults do not exercise at the federally recommended amount of 30 minutes daily; 25 percent do not exercise at all. More than 120 million Americans, or 64.5 percent of the adult population, are overweight, and almost 59 million, or 31 percent are obese. In fact, America spends \$117 billion a year on obesity-related diseases. About 300,000 Americans die of such disease annually.

Visit www.AmericaOnTheMove.org to join and receive information about exercise and healthy nutrition. The State Health Plan Prevention Partners strongly encourages all worksites and individuals to participate in AOTM. The program is beneficial and easy to implement. Prevention Partners also offers pedometers (recommended for the AOTM Program) for \$15.75. To order a pedometer, complete and return the order form below.

Pedometer Order Form

Please Print

Name: _____ Price: **\$15.75 (Price Includes Tax)**

Mailing Address: _____

City: _____ State: _____ Zip Code: _____

Work Telephone: _____ Home Telephone: _____

Make check payable to Employee Insurance Program (EIP). Do not send cash.

Mailing Address: Prevention Partners, 1201 Main Street – Suite 830, Columbia, SC 29201



STATE HEALTH PLAN PREVENTION PARTNERS
South Carolina Budget and Control Board
Employee Insurance Program
October 2003

